

## LET'S GET PHYSICAL

# You May Be More Active Than You Think



Circle all the activities you are currently doing. Is your activity level generally light, moderate, or vigorous? ( Choose the level with the most circled activities. )

<b>LIGHT ACTIVITY</b> Feels easy, such as slow walking	<b>MODERATE ACTIVITY</b> Feels like fast walking, break a sweat but easy to talk	<b>VIGOROUS ACTIVITY</b> Feels like running, hard to talk, heavy breathing
slow dancing	fast walking	running, fast stair climbing, rock climbing
slow dancing	moderate dancing: rock, funk, ballroom, ballet	aerobic or fast dancing: hip-hop, folklorico, jazz
shooting hoops	basketball drills, such as layups	basketball game
tossing a Frisbee	playing hackysack	ultimate Frisbee
fixing a skateboard	skateboarding skating	roller hockey
slow bike riding	moderate bike riding, BMX and off-road riding (no hills) distance riding	bike riding fast uphill, mountain biking in hills, bike racing
stretching, yoga	weight training, gymnastics, martial arts	circuit weight training, running stairs
table tennis, bowling, playing pool	volleyball, badminton, tennis, softball, baseball	soccer, football, hockey, racquetball
throwing snowballs	downhill skiing, freestyle skiing	cross-country skiing
platform or board diving, floating in a pool	surfing, windsurfing, snorkeling, scuba diving, lap swimming, pool volleyball	fast swimming or racing, water polo
fishing, camping	fly-fishing, hunting, horseback riding, fast hike	backpacking, hauling gear up a hill
light housework: washing dishes, cooking	moderate housework: sweeping, vacuuming, mopping, painting	heavy housework: scrubbing walls
light yard work: weeding, watering	moderate yard work: mowing, raking	heavy yard work: digging and shoveling, hoeing, chopping wood

Adapted from various surveys by Williams and Wilkins in *Medicine and Science in Sports and Exercise*, vol. 29, no. 6 (June 1997)  
Reference: [Jump Start Teens](#), California Project Learn

